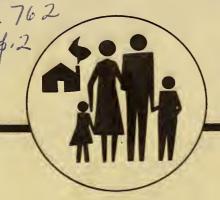
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ENRICHED CORNMEAL

a good choice for the thrifty family

YELLOW or WHITE

Both Kinds are good

Use them in the same ways

An Energy Food

Use Cornmeal-In Hot Breads







Cornsticks

Muffins

- In Pancakes



Cooked for hot cereal





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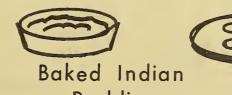
NOV 10 1966

or chilled, then sliced for Preving RECORDS



As a coating when frying fish, chicken or vegetables







Puddina C&MS-32 U.S. Department of Agriculture · Consumer and Marketing Service · Agricultural Research Service



Cornmeal Mush

cup cornmeal
cup cold water

teaspoon salt
cups boiling water

Mix cornmeal, cold water and salt. Slowly stir cornmeal mixture into boiling water. Stir until thickened. Cover and cook over low heat for 15 minutes. Stir to keep from sticking.

Makes 6 servings.

Cornmeal Fritters

1 egg	1 teaspoon salt
1 cup cornmeal	2 tablespoons fat
1 cup flour	1 cup milk
1 tablespoon baking powder	Fat or oil for frying

Beat egg. Mix all ingredients together. Drop batter by teaspoonfuls into 1-inch of hot fat in a fry pan. Fry until golden brown on all sides (2 to 3 minutes). Remove from fat and drain.

Makes 18 fritters.

Spoonbread

2 tablespoons fat 3 cups milk 1 cup cornmeal 1¹/₂ teaspoons salt 3 eggs

Melt fat in saucepan. Add milk, cornmeal and salt. Cook, stirring all the time, over medium heat until thickened. Beat eggs. Slowly add cornmeal mixture to beaten eggs.

Grease a medium size baking pan. Pour mixture into pan. Bake at 400° F (hot oven) until top of spoonbread is firm, 35 to 40 minutes. Serve at once.

Makes 6 servings.

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